



*Having courage does not mean that we are unafraid.
Having courage and showing courage means we face our fears
~ Maya Angelou.*

Personal Statement:

I primarily use Cognitive Behavioral Therapy as well as Dialectical Behavioral Therapy in my practice. We will work on building rapport in our first few sessions and, after discussing what your therapy goals are, I will utilize the appropriate evidence-based therapy for your needs. I believe in complete transparency and that you and I will work together to accomplish your goals.

Session Cost: \$150/50 minute psychotherapy session - Venmo; Apple Pay or Paypal.

I do accept the following insurances as well:

In-Network Plans: Aetna, Carelon Behavioral Health, Cigna/ Evernorth, Optum, Baylor Scott & White, BCBS Par Plan Network, Oscar Health, Oxford, Quest Behavioral Health, UnitedHealthcare UHC | UBH.

Types of Therapy: Christian Counseling, Cognitive Behavioral (CBT), Cognitive Processing (CPT), Dialectical Behavior (DBT), EMDR, Mindfulness-Based (MBCT), Motivational Interviewing, Trauma Focused.

Top Specialties: Anxiety, Depression, Trauma and PTSD, Issues, Addiction, Anger Management, Behavioral Issues, Codependency, First Responders, Grief, Narcissistic Personality (NPD), Peer Relationships, Relationship Issues, Self Esteem, Self-Harming, Spirituality, Stress, Somatic Issues.

512-920-3882

mesanterre@bridgescounselingservicespllc.org